

ABSTRACT OF THE DISCLOSURE

An exercising device includes a main body, two handles, a support rod, a resting board, a connecting lever, and a rotation body. The main body includes two casings, a slide, and an elastic member. The rotation body

5 includes a pivot ring secured on the connecting lever, a first disk rotatably mounted on the pivot ring, a second disk rotatably mounted on the pivot ring and combined with the first disk so that the pivot ring is located between the first disk and the second disk, and a counterweight mounted between the first disk and the second disk to rotate therewith. Thus, the exercising device is used

10 to exercise a user's arms, waist and abdomen simultaneously.